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Bangalore Mirror

TEMP Max 27 | Min 20 | Humidity 72% Scattered Thunderstorms Sensex 78,759 | Nifty 24,055 | Gold 69,083 | Silver 79,832 | Dollar 84.13 | Euro 92.49 | GBP 107.58

BUDDING GARDENERS

Students of Class 6, 7 and 8 will participate in programme that will show them how to nurture and care for plants

PAGE 2

PLOT TWIST

BBMP to survey vacant plots, issue notices to its owners if their sites are not being maintained properly

PAGE 6

BM did a survey of some of city's most popular parks and found they lack basic infra, security provisions, making taking a stroll in garden city a nightmare

THE LOST WORLD: BENGALURU'S PARKS

Inadequate lighting, staffing create unsafe environment

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Deputy Chief Minister DK Shivakumar recently announced plans to extend the operating hours of public parks in the city until 10 pm. However, an on-the-ground assessment by BM has exposed significant deficiencies in many parks, including basic infrastructure, security provisions, and adequate lighting, which pose challenges to extending their hours. Concerns voiced by the public highlight the absence of security personnel and CCTV surveillance in most parks, leading to some becoming hotspots of anti-social behaviour.

BANGALORE TEST DRIVE MIRROR

ARAKERE PARK

The BDA Layout Park in Arekere Ward, Bommanahalli, is currently in a state of neglect, causing significant inconvenience to the public. The park's upkeep has been completely disregarded, evident from the overgrown grass and bushes, along with scattered litter throughout. Compounding the issue, the

CONTINUED ON PAGE 8 »

"Many of us rely on these green spaces for relaxation and exercise, but rampant neglect has marred their appeal. Overgrown grass, litter strewn across pathways, and broken benches are common sights that detract from the park's beauty

— Sunanda Krishnamurthy, a senior citizen

No talks, just plant a seed of doubt

As BBMP's tree plantation programme begins today, lake volunteers point to several flaws in plan as no meetings were held with stakeholders

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Bruhat Bengaluru Mahanagara Palike's (BBMP) annual tree plantation programme starts on Tuesday. The week-long activity will involve planting nearly 20,000 saplings in and around 40 lakes across five city zones. These zones include Yelahanka, Mahadevapura, Bommanahalli, RR Nagar, and Dasarahalli.

However, even before the event kicks off, it is marred with controversy. Residents and lake groups from across the city have raised concerns about the lack of public consultation and planning by the palike. They say some of the lakes shortlisted for plantation lack space for new saplings.

According to Balaji Raghotham Bali, a city-based lake activist, many water bodies shortlisted in the Mahadevapura zone have no space to accommodate new saplings. For instance, residents around Seegehalli Lake have planted 3,000 saplings over the last seven years, and the majority of these saplings have survived owing to proper care and attention by locals.

"Seegehalli has no room for fresh

CONTINUED ON PAGE 8 »

2 THINGS TO DO

01 Kitchen tales

Delve into the culinary adventure of the art of making a perfectly round roti as we dive into a heartwarming tale that beautifully weaves themes of self-belief and the magic within. Join in for 'Kitchen Wonders,' a storytelling session by Seema Karanth for children ages 5 to 8. This story is an adaptation of a book titled 'The Magic Rolling Pin' written by Vikas Khanna (MasterChef).

Where: Ranga Shankara, JP Nagar
When: August 11, 5:30 pm

02 Garba tunes

Immerse yourself in the vibrant rhythms of traditional Gujarati dance with 'Garba Night.' Experience the joy of garba as you learn the graceful steps and intricate moves of this lively dance form. Enjoy captivating garba performances by professional dancers that will inspire and energise you. Whether you`re a seasoned garba enthusiast or a beginner looking to have a blast, this event is perfect for all ages and dance levels.

Where: Small World, Koramangala
When: August 4 to September 15

Planting seeds for eco-smart schools

Plans are on to implement 'school nursery project' to enrich love for nature among schoolchildren; DCFs are asked to select 5 schools in each district

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To inculcate a habit of caring for the environment and ecology among schoolchildren, the National Afforestation and Eco-Development Board (NAEB), under the Ministry of Environment, Forest and Climate Change, decided to implement the School Nursery Yojana (SNY) in association with the state forest department. On this note, the Conservator of Forests, Bengaluru Urban, has issued a circular to Deputy Conservators of Forests (DCF) to identify schools for implementing the SNY during the years 2024–25.

The DCFs are directed to identify five schools (government, aided, or private) that have basic infrastructure in each district for implementing the SNY. "Each school should have a minimum space or land of 100 square metres, regular water supply, and a compound wall or fence. Around 1,000 young plants have to be nurtured at each of the school nurseries. Students of sixth, seventh, and eighth grades can participate in nurturing the young plants at the school nurseries," states the circular.

Furthermore, each of the schools selected for the implementation of the SNY would be given a grant of Rs 50,000, of which Rs 40,000 can be used for the establishment of the nursery and Rs 10,000 for other activities including report preparation, field study, photography, and awards. "A gardener can be engaged with a payment of Rs 40,000 per annum. DCFs are asked to send their proposals to this office on or before August 4," reads the circular.

Meanwhile, environmentalists have welcomed the implementation of the SNY at schools as it would create a bond among the children with the plants at the respective nurseries. "This program not only creates awareness of the environment among the schoolchildren but also enables the selected schools to generate some revenue. Lake activists and environmentalists can buy saplings from the school nurseries," said Nivedita Sunkad, managing trustee of iCare, RR Nagar.

Describing the SNY as a good initiative, Nagasimha G Rao of the Child Rights Trust said the forest department and education department have joined forces to launch the central government's School Nursery Project. "This pioneering project aims to promote environmental awareness and action among students, aligning with the United Nations' Sustainable Development Goal 13: Climate Action. Before implementing this project, both departments must conduct comprehensive consultations with students, ensuring their voices and ideas are integral to the project's success. This inclusive approach will guarantee that the project meets the needs and interests of its young beneficiaries," he said.

Students learn about different plants in a nursery (file photo)

"Departments must conduct comprehensive consultations with students, ensuring their voices and ideas are integral to project's success
–Nagasimha G Rao, Child Rights Trust

Rao further said the project seeks to establish nurseries within school premises, enabling students to engage with nature and develop a deeper understanding of environmental conservation. "To ensure the well-being and safety of all participants, this initiative must be fully integrated into the Child Protection Policy, upholding the highest standards of safeguarding and care. Furthermore, the project must avoid any damage to school playing fields, which must remain protected and preserved for recreational activities. By empowering students to become active stewards of the environment, this project will contribute to climate change prevention and foster a new generation of eco-conscious citizens," he added.

Round-the-clock aid

Manipal Hospital Sarjapur Road has launched Manipal Ambulance Response Services (MARS), a 24/7 ambulance service at Green Glen Layout in the Mahadevapura Assembly Constituency. This service aims to provide immediate medical assistance to residents of the 134 apartments in the layout and surrounding areas of Bellanduru. Mahadevapura MLA Manjula Aravinda Limbavali stated that this new ambulance service is a significant step towards improving healthcare accessibility for Bellanduru residents. Dr Suja V, Director of Manipal Hospital Sarjapur Road, added that by bringing their services closer to people's homes, they ensure access to quality healthcare and timely medical care during emergencies. The ambulance service can be accessed through an 'SOS QR Code—One Scan Can Save a Life', enabling quick medical assistance in emergencies. -DETAILS ON PAGE4

Only clean spaces & healthy meals

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Visitors to the Indira Canteen at Murugeshpalya can now visit the place for breakfast, lunch, and dinner without having to worry about contracting dengue or harming their health due to the previously noted unhygienic conditions. The people in charge of the Indira Canteen have taken measures to ensure cleanliness at the canteen premise by engaging people to clean the algae-laced concrete handwash basins and clear stagnated water, which had the potential to become a breeding place for mosquitoes.

BANGALORE MIRROR IMPACT

On August 5, the Bangalore Mirror, in its story titled 'Ugly scene at canteen,' narrated how the lack of hygiene at the Indira Canteen at Murugeshpalya showcases disregard for multitudes, especially from economically weaker sections, who visit it to grab some breakfast, lunch, or dinner at an affordable price.

A worker cleaning the hand washing area at Indira Canteen at Murugeshpalya

BangaloreMirror
Ugly scene at canteen
Lack of hygiene at Murugeshpalya's Indira Canteen showcases disregard for multitudes who visit it to get food at cheaper rates
BM's report on August 5 narrates the unhygienic condition of the canteen

Talking to BM on Monday, Prakash T, supervisor of the Adamya Chetana Foundation, said that some miscreants are misusing the canteen premises at night as the place is not guarded by a gate. "The premise is being misused by drunkards at night. They spit in the concrete handwash basins, thus causing a nuisance. We will ensure that we clean the concrete hand wash basins on a regular basis," said Prakash.

Appreciating the people working at the Indira Canteen for keeping the premises clean, Vinod Jacob of Namma Bengaluru Foundation said, "This is the place where lakhs of people have their food. Thus, basic hygiene is very important. They have to maintain this practice of health and hygiene. Furthermore, routine checks on the hygiene and quality of the food served in these canteens have to be done by a Bruhat Bengaluru Mahanagara Palike ward health officer. Marshall's have been deputed for these areas; they should manage a daily roster of cleanliness tables in these canteens, which should be checked daily," he said.

Need for repairs

It will be a great help for people who use this facility here if the authorities concerned replace the defunct RO (reverse osmosis) water plant at the said canteen. With the defunct RO water purifier, the people in charge of the Indira Canteen are bringing drinking water in cans.

Watch your speed: 48 motorists caught speeding

With speed guns in hand, city cops chase down speeding enthusiasts near Sadahalli, collect ₹51,000 in fines in just 2 days

A police officer is using speed radar gun to identify speeding vehicles (file photo)

A total of 48 cases of speeding were registered, resulting in the collection of Rs 51,000 in fines during a two-day special drive targeting speeding vehicles in the city.

The Bengaluru Traffic Police (BTP) conducted a special drive targeting speeding vehicles on the Bengaluru to Bellary Main Road on Saturday and Sunday. Led by Chikkajala Traffic Police Station police inspector and his team, the operation involved detecting speeding vehicles using speed guns near Sadahalli.

Speeding has claimed over 344 lives in traffic accidents in the first half of 2024 alone. A recent fatal incident on NICE Road, where a vehicle was recorded travelling at 160 km/h, resulted in the deaths of three individuals. This incident prompted the Supreme Court monitoring committee to urge the state government to enforce strict measures against overspeeding.

Four cases were registered against two-wheelers with fines totalling Rs 4,000 and 24 cases against four-wheelers with fines totalling 25,000 on Saturday. On Sunday, one case was registered against a two-wheeler with a fine of Rs 1,000 and 19 cases against four-wheelers with fines totalling Rs 21,000.

According to the Bengaluru Traffic Officials, North Division, checks for speeding vehicles have been suspended for the past two years. In an effort to curb accidents, they have now resumed monitoring for speeding, with the speed limit remaining at 80 km/h.

On July 26, 2024, Alok Kumar tweeted, "Overspeeding causes 90 per cent of fatal accidents on the Bangalore-Mysore Highway." On July 25, 2024, 155 drivers were recorded speeding at more than 130 km/h. Both spot and sectional speeds were monitored. Since August 1, First Information Reports have been registered for rash and dangerous driving. This initiative is part of the ongoing efforts to improve road safety and minimise accidents caused by speeding.

Drunk driving: 26 school drivers booked

In an effort to combat the serious issue of school bus and van drivers operating under the influence of alcohol, the traffic police department organised a targeted operation on Monday. The drive, which took place between 7 am and 9:30 am, involved the inspection of 3,676 vehicles, resulting in the booking of 26 cases. This translated to a positivity rate of 0.71 per cent.

The BTP took a firm stance, emphasising that "driving under the influence of alcohol will not be tolerated, especially when it comes to the safety of schoolchildren." They further underscored their commitment to ensuring the well-being of children, stating that "the safety of children is non-negotiable, and all necessary measures to protect them will be taken."

This recent drive was not an isolated incident, as the BTP has conducted similar operations in the past. On September 7, 2024, a total of 3,016 vehicles were inspected, leading to 23 cases being booked and a positivity rate of 0.76 per cent. 2,059 vehicles were checked, resulting in 7 cases booked and a positivity rate of 0.34 per cent on February 22. Another drive on January 23 involved the inspection of 3,414 vehicles, with 16 cases booked and a positivity rate of 0.47 per cent.

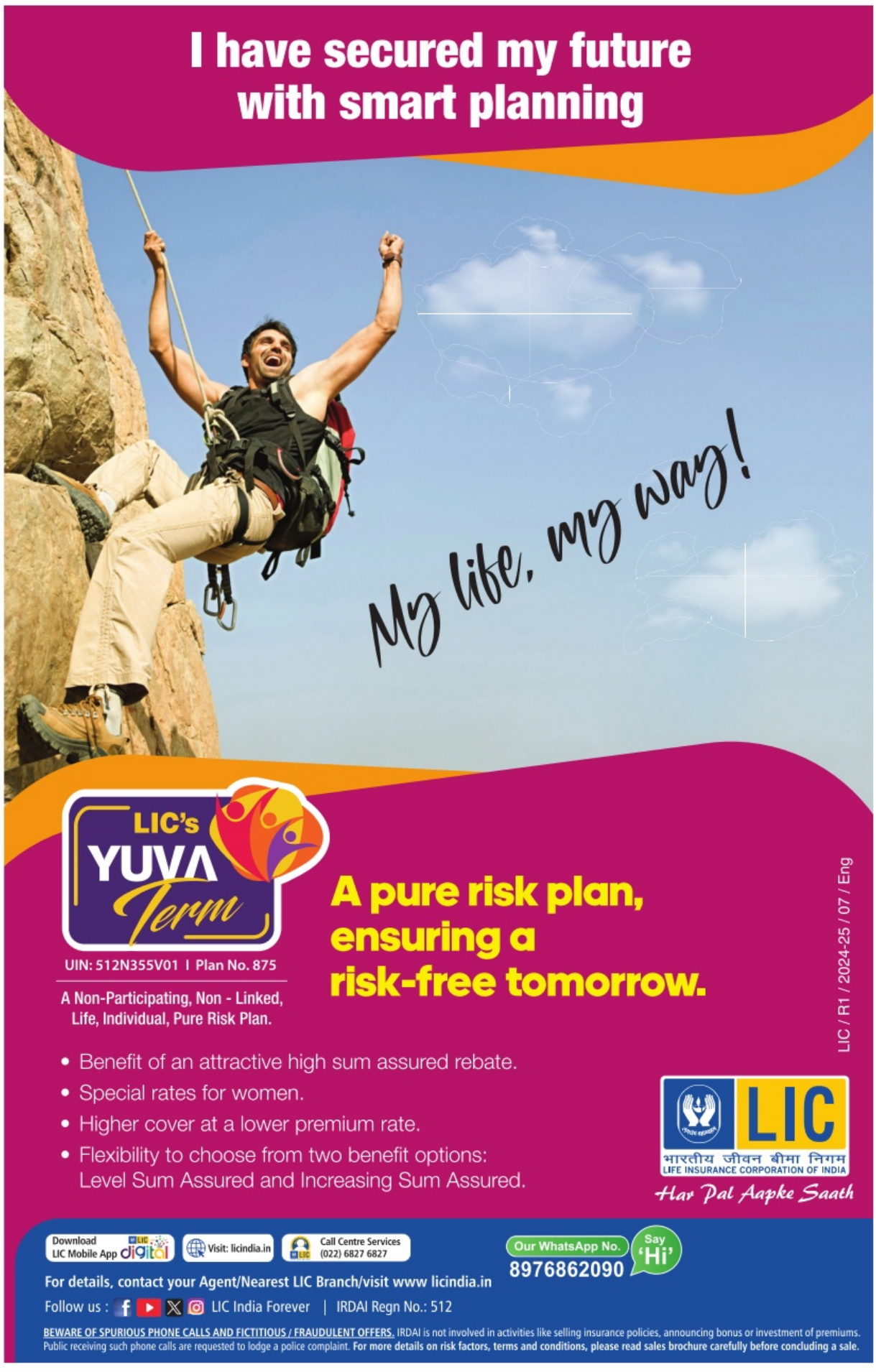
–Sanjana CS

Woman harassed during her morning walk

In the early morning hours of Friday, around 5 am, a woman living in Krishna Nagar faced harassment from an unknown individual during her regular morning walk. The victim, who is in her mid-30s, only reported the incident to the authorities on Monday. Dressed in her saree, as she was waiting for her neighbours to join her for the walk, a man approached her from behind and touched her inappropriately, despite her attempts to call for help. As her cries grew louder, the perpetrator fled the scene. The entire incident was recorded by a nearby CCTV camera. The Konanakunte police station has registered an FIR under 'Section 75 (sexual harassment), Section 78 (stalking), and Section 79 of Bharatiya Nyaya Santita.' The police are currently investigating the case to identify and apprehend the suspect.

Accident-prone: 6 months of this year

The first six months of the year witnessed a significant number of traffic accidents, resulting in numerous fatalities and injuries. January recorded 59 fatal and 157 non-fatal accidents, 62 deaths, and 194 minor injuries. February saw 48 fatal and 173 non-fatal accidents, 51 deaths. March saw 47 fatal and 175 non-fatal accidents, 48 deaths. April had the highest numbers, with 67 fatal and 148 non-fatal accidents, 69 deaths, 40 major and 180 minor injuries. May saw 60 fatal, 188 non-fatal accidents, 61 deaths. June reported 53 fatal accidents and 53 deaths.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Motorists hesitate to use potholed service road

People complain that it takes more than 30 minutes just to cross one kilometre stretch

AAP volunteers organised pothole pooja to draw authorities' attention

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Service road between Iblur Junction and Centro Mall near Bellandur is full of potholes and craters. The condition of the road not only compels motorists to be more cautious while negotiating, but also causing traffic jams during peak hours.

Thousands of employees have to depend on this service road to reach their workplaces on their bikes. With no one taking the responsibility of restoring the road, the hapless motorists are suffering in silence as they have no other option.

Aam Aadmi Party (AAP) volunteers have visited the service road and expressed shock over the bad condition of the road. They have organised a pothole pooja to draw the attention of the authorities concerned.

"We are requesting for better roads for the taxes citizens pay. In turn what we get is multiple potholes filled with sewage water on the Outer Ring Road near Bellandur. We have lost hope on MLA Manjula Limbavali, we have lost hope on Bruhat Bengaluru Mahanagara Palike and Bengaluru Development Minister DK Shivakumar. Even if citizens try to fill up the pothole by themselves FIRs and warnings are issued. Hence AAP Mahadevapura team did a pothole pooja for the safety of residents," said Ashok Mruthyunjaya of AAP.

> **"Even if citizens try to fill up the pothole by themselves FIRs and warnings are issued. Hence AAP team did a pothole pooja for the safety of residents**
>
> –Ashok Mruthyunjaya of AAP

Auto rickshaw drivers are not ready to ply auto rickshaws on the service road. "The condition of the road is very bad. It is taking more than 30 to 40 minutes to reach the other end of this one-kilometre long service road. Many auto rickshaw drivers, including me, try to avoid plying on this road. I want the BBMP authorities to fill up potholes and craters as early as possible," said Kalaiah, an auto rickshaw driver.

Expressing a similar opinion, Anil, a cab driver, has said that it has become tough for motorists to commute on the service road. "It is very difficult to commute on this road whenever it rains. It is not easy to navigate potholes and craters on this road. I want the authorities to fix this problem without any delay," he expressed.

BBMP assistant engineer was not available for comment. Meanwhile, Mahadevapura Joint Commissioner Dr K Dakshayani has said the service road comes under the jurisdiction of the Major Roads Department of the BBMP.

Ambulance bays for timely medical help

Volunteers aim to have1 ambulance in every 2.5-km radius in Mahadevapura

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Volunteers of Bellandur and Manipal Hospital create ambulance bays

In a significant step towards addressing the critical issue of delayed emergency response due to traffic congestion, the volunteers of Bellandur have launched an initiative to set up dedicated ambulance stops in the Mahadevapura Zone. This effort aims to ensure timely medical assistance for the neighbourhood's residents, potentially saving many lives.

Ever-increasing traffic in the city, particularly along the Outer Ring Road (ORR), has been causing substantial delays for ambulances, often taking 45 minutes to an hour to reach patients. In light of this, local residents decided to take matters into their own hands. "We reached out to '108' ambulance services but didn't get a good response. We then approached Manipal Hospitals on Sarjapur Road, and they readily agreed to support our community. In order to minimise life risk, we have worked with residents and officials and have come up with a solution," said Amaresh Lakshminarayana, President of the Green Glen Layout Resident Welfare Association.

Notably, the hospital is providing these services free of charge. During emergencies, the ambulances will transport patients to the closest hospital promptly, ensuring timely medical care. The patients just have to scan a QR code, and the location will be sent to the emergency response team.

The first ambulance stop has been established at Green Glen Layout, strategically located between Bellandur Village and Suncity. This location serves a population of around 35,000 to 40,000 residents and is conveniently close to the ORR Service Road, allowing ambulances to navigate easily during emergencies. Lakshminarayana explained, "We have identified a wide road near Green Glen Layout that will not affect any traffic. A parking area has been marked as an ambulance bay, ensuring that the ambulance can be stationed without disrupting the flow of vehicles. There will be a dedicated driver, and the ambulance is fully equipped and charged with the help of the resident welfare association."

Additionally, three more ambulance bays are requested for Sarjapur Road, Kasavanahalli Main Road, and Haralur Main Road. "For instance, Haralur is a highly congested area where ambulances have to take Sarjapur Road to reach it, causing significant delays. We are identifying spots that would be convenient for Haralur and Kasavanahalli and will mark particular spots as ambulance bays," said Lakshminarayana.

The initiative has already shown success. "This morning, a patient needed assistance, and the ambulance arrived within 10 minutes, taking the patient to the nearest hospital," he added. "Our intention is to have an ambulance within every 2.5 kilometre radius."

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Traffic congestion
Shanthi Layout

Shopkeepers at the entrance of Shanthi Layout and Annayepa Layout on TC Palya Road, near Public National Bank, are blocking the road, causing traffic issues.

Water scarcity
Horamavu

Stoppage of water supply in Brindavan Layout, Horamavu, is causing significant inconvenience to residents.

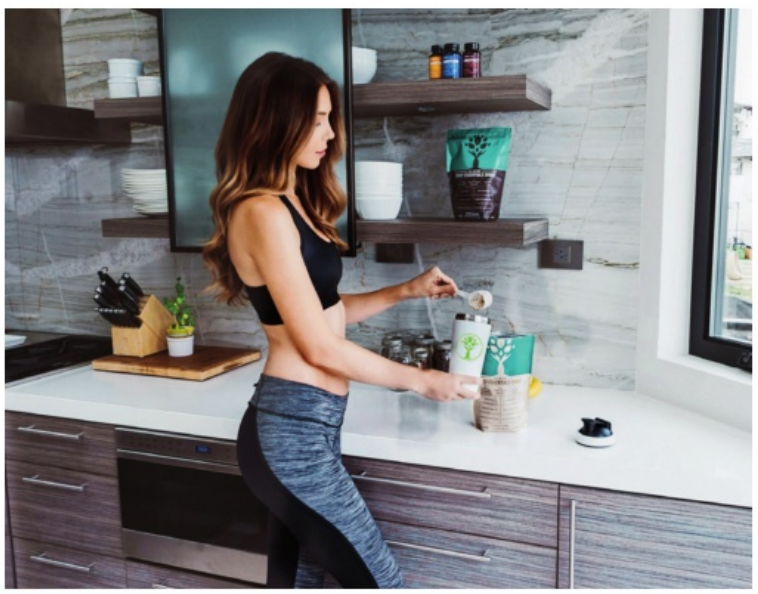
Damaged roads
Sagayapuram

The road near Indian High School in Sagayapuram is damaged, leading to water accumulation and posing a hazard. Residents have been requesting action for a long time.

Taking protein supplements without expert's advice could lead to serious health issues

Many people are increasingly turning to gyms and protein supplements without seeking expert advice, a trend that can lead to serious health issues. The Indian Council of Medical Research (ICMR) has issued clear guidelines emphasising the importance of consulting a doctor before starting any supplement regimen. Unfortunately, these guidelines are often ignored. Experts warn that taking protein supplements without medical supervision can be dangerous and potentially fatal.

Protein supplements are popular among fitness enthusiasts and those looking to build muscle or lose weight. However, they should not replace a balanced diet and must be used cautiously. Health experts have highlighted several risks associated with excessive protein consumption, including kidney stones, renal failure, and gastrointestinal issues such as stomach aches, bloating, and diarrhea. Consuming whey protein without exercise can also lead to liver damage over time.



Additionally, the quality and safety of protein supplements on the market are not always guaranteed, with some products containing harmful additives or contaminants.

"It is essential to purchase supplements from reputed sources and only after consulting with a qualified doctor," said a gym owner. The lack of adherence to ICMR's guidelines underscores the need for increased awareness and education about the proper use of protein supplements. Healthcare providers, fitness centers, and public health authorities must collaborate to disseminate accurate information and encourage individuals to prioritize their health and well-being.

Quality and safety of protein supplements on market not guaranteed, some contain harmful additives and contaminants

A health expert emphasised, "A well-balanced diet, consisting of a variety of nutrient-rich foods, is the foundation of good health. Protein can be obtained from natural sources such as lean meats, fish, eggs, dairy products, legumes, and nuts. These foods provide protein and a range of other essential nutrients vital for overall health."

Relying solely on protein supplements while neglecting other aspects of a healthy lifestyle can be counterproductive. Excessive protein consumption can lead to nutritional imbalances, displacing essential nutrients and increasing levels of saturated fat, blood sugar, and blood acidity, which can impact heart function. Protein supplements should be viewed as a complementary tool rather than a magic solution for achieving fitness goals or improving overall health. By prioritising education, awareness, and responsible consumption, people can make informed decisions about their health and avoid the potential risks associated with misusing protein supplements.

A health expert said, "Protein supplements have become a staple for many individuals aiming to enhance their fitness and achieve specific health goals. However, it's crucial to approach their use with caution.

While protein is an essential nutrient necessary for muscle repair, growth, and overall body function, its consumption in supplement form should not be taken lightly.

Education and awareness about the proper use of protein supplements are vital to prevent potential health risks and ensure long-term well-being."

ADVERTORIAL

Understanding Vascular Disease and the Vital Role of Vascular Surgery in India

In recent years, India has witnessed a surge in vascular diseases, a group of conditions affecting the blood vessels that can lead to serious complications such as stroke, heart attack, and limb loss. At the heart of these diseases is atherosclerosis, where fatty deposits build up in the arteries, narrowing them and restricting blood flow. This problem is exacerbated by modern lifestyle factors like sedentary habits, poor diet, smoking, and chronic conditions such as diabetes and hypertension, which are becoming increasingly common across the country. The prevalence of obesity, and stress further adds to the risk, making vascular health a pressing public concern.

The Distinctive Role of Vascular Surgery

Vascular surgery emerges as a critical speciality, focusing on restoring and maintaining healthy blood flow through interventions tailored to the blood vessels outside the heart and brain.

Procedures like angioplasty and stenting are minimally invasive techniques designed to open blocked vessels, while aneurysm repairs and bypass surgeries tackle more complex issues to prevent vessel rupture and ensure proper circulation. Carotid endarterectomy and varicose vein treatments address specific conditions that, if left untreated, can lead to significant health problems.

Unlike cardiothoracic surgery, which focuses on the heart and chest organs, vascular surgery offers a broader range of essential treatments for comprehensive vascular care.

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Out of site, not out of mind

Notices to be issued to vacant site holders if their plots are not maintained properly

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File photo of when a fire broke out at a vacant lot in the city in June

The Bruhat Bengaluru Mahanagara Palike (BBMP) has decided to issue notices to owners of vacant plots if their sites are not being maintained properly. Each zone within the BBMP area is required to compile a comprehensive list of such properties.

BBMP Chief Commissioner Tushar Giri Nath said, "Owners of these properties will receive notices if their sites are found lacking in cleanliness. Should these owners fail to rectify the maintenance issues after receiving the notices, fines will be imposed. Furthermore, officials are to issue warnings to ensure that property owners address the cleanliness issues and prevent similar problems in the future."

Earlier, BBMP had said that site owners will be held responsible for ensuring that their plots remain free of garbage. "Failure to do so will result in a penalty of Rs 2 per square feet. Repeated offences will lead to legal action against the owner, with the fine being added to their property tax".

A BBMP official explained, "Maintaining cleanliness is not just a matter of aesthetics but a critical public health concern. Vacant properties that are neglected often become breeding grounds for pests and a source of various health hazards. These sites can attract illegal dumping and can impact the overall environment and quality of life in our neighbourhoods. By implementing this initiative, we are taking a proactive step to ensure that property owners take responsibility for maintaining their vacant properties."

> **"It is not just about aesthetics, but vacant properties that are neglected often become breeding grounds for pests and a source of health hazards** –BBMP official

The official said they would identify vacant properties, issue notices to the owners, and enforce fines if necessary.

The proposal has garnered mixed reactions from the public. A section of the residents supports the move, hoping it will compel owners to take responsibility for clearing their premises, especially in the outskirts where vacant plots have become a nuisance for neighbours. On the other hand, some oppose the measure, arguing that owners should not be penalised for the actions of others.

Dengue cases remain stable

Despite ongoing reports of dengue cases in the city, the situation appears to be stable compared to previous weeks. BBMP Commissioner Tushar Giri Nath commented, "Last week, we were averaging around 200 dengue cases daily within the BBMP limits. Currently, the daily count has reduced to approximately 165 to 170 cases. While this should not be viewed as a decline, it indicates a stabilisation of the situation. We need to monitor the trend over the coming weeks to determine if the number of cases will drop further or see an increase." He said that testing for dengue has been intensified across most zones, with the exception of RR Nagar and South zone, where testing levels have been lower. Officials have been instructed to boost testing efforts in these areas. Additionally, mosquito breeding sites are being targeted with 600 fogging machines and 618 sprayers to control the spread of the disease.

Plan on to shift bus stop to ease traffic congestion

Bus stop hurdle has choked Janatha Bazaar

Death box removed: Indiranagar footpath safe again

BM had reported on August 2 about the traffic issues caused due to the stop

BBMP, traffic officials, BMTC representatives conduct joint inspection on spot near Janatha Bazar

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In a bid to tackle the persistent traffic congestion near Janatha Bazar on the Outer Ring Road, BBMP officials, traffic police, and BMTC representatives conducted a joint inspection following a report by BM. The current placement of the bus stop, located too close to a major signal, has been causing significant delays as buses picking up or dropping off passengers lead to traffic piling up.

Resident Dhruv Nagarajan shared his observations, "Two days ago, the traffic police were actively clearing out congestion whenever buses were parked at the signal for too long. This immediate response was quite effective in managing the traffic flow temporarily."

The inspection, held on Monday, saw officials from the BBMP traffic engineering cell, Banashankari traffic police station, and BMTC at the site to assess the situation. "We are told that the Janatha Bazar bus stop will be shifted further down after the signal. BMTC needs to write a formal letter for this change, and the BBMP TEC team is already involved in the transfer process," Nagarajan added. "They have shown a positive response, and we are hoping to see some good results. This was a long-pending issue for many years, and there could finally be a solution to this. The inspection was fruitful, and the issues were addressed. On-ground work needs to be started now."

Another commuter expressed her relief at the proposed changes. "It's a daily struggle with the traffic here. Knowing that there's a concrete plan to move the bus stop is reassuring. We just hope the execution happens quickly," she said.

IN BRIEF

Ecologically sensitive: Decision on Ghats soon

Karnataka Forest Minister Eshwar B Khandre had said that a decision on the recent draft notification by the Ministry of Environment, Forest, and Climate Change (MoEF&CC) to declare 20,668 sq km of the Western Ghats in Karnataka as an Ecologically Sensitive Area (ESA) will be taken soon.

"A decision on the draft notification will be taken after consulting Chief Minister Siddaramaiah and the cabinet. Opinions of leaders from all other parties will also be taken," said Khandre while speaking with media on Monday

The 20,668 sq km of this area that falls in Karnataka spans over 10 districts - Chamarajanagar, Kodagu, Mysuru, Hassan, Shivamogga, Chikkamagaluru, Uttara Kannada, Udupi, Dakshina Kannada and Belagavi – encompassing 33 taluks and 1533 villages.

69 acres of encroached forest cleared on day one

Within 24 hours of instructions passed by the Minister, forest department officials cleared 69 acres of forest encroachment in the Chikkamagaluru district.

Instruction was issued to the Deputy Chief Secretary of the Forest, Ecology, and Environment Department to clear all forest encroachments in the Western Ghats area of Karnataka, after the recent landslide in Wayanad, Kerala that has killed more than 300 people.

International Conference on human-elephant conflict on August 12

Khandre also announced that more than 17 representatives from 11 countries including USA, Japan, and Germany are expected to participate in the international conference on mitigating human-elephant conflict cases being held in the city on August 12.

The conference will also have 660 representations from various states of India on the adoption of best practices to mitigate conflict cases in Karnataka.

"The number of wild animals has increased. There are 6395 elephants and 563 tigers in Karnataka. However, there has not been any increase in forest area, leading to wild animals coming to human habitation. The purpose of this conference is to shed light on the issue and to reduce human-elephant conflict cases," said Khandre.

On average, 30 people are killed in elephant attacks in Karnataka every year. This year so far, 25 human deaths have occurred due to elephant attacks.

Similarly, as many as 283 elephants have died in the state in the last three years.

Out of these, more than 30 elephants have died due to electrocution, while 6 elephants have been poached. In Karnataka, 82 elephants have died in 2021-22, 72 in 2022-23, 97 in 2023-24 and 36 in 2024-25 so far. 36 elephants have died since January. —BMB

‘Establish cells in government depts to receive court orders’

High Court makes observation when hearing PIL to improve process for complying with court orders and directions

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The court said that simple orders of considering representation are not attended for a year or more

The High Court on Monday proposed that the state government establish a cell within each government department to receive court orders, evaluate the issued directions, and ensure timely implementation to decrease the number of contempt petitions filed. Chief Justice NV Anjaria and Justice KV Aravind, who were hearing a suo-motu public interest litigation to improve the process for complying with court orders and directions, made the observation.

The court verbally noted that simple orders of considering representation are not attended for a year or one and half years. The government was then instructed to collaborate with the Advocate General to find a solution, and the hearing was postponed until August 22.

The court had previously stated, “It is necessary that at the hierarchies of government, a proper and effective machinery is created to oversee the regard, respect and implementation of the court’s orders,” while initiating the suo-motu proceedings. The bench observed that the respect a government shows for court orders is one of the criteria used to assess its democratic commitment. It also stated that the Court’s true majesty lies in its dynamic existence and efficient operation, which would be achieved by ensuring proper implementation and prompt compliance with the Court’s judgments and orders.

The Court noted that the swift execution of the Court’s judgments and orders is inextricably linked to the rule of law’s enforcement. It is a component of adhering to the rule of law. The Court stressed that while contempt jurisdiction is a special jurisdiction to be used sparingly, whenever an act of non-compliance negates the enjoyment of rights of litigants and citizens flowing from court orders, it has a negative impact on the administration of justice.

Furthermore, it had stated, “Lethargic and insensitive approach on the part of the authorities towards the compliance of the orders and directions of the courts cannot be tolerated. It has to be dealt with sternly. As the justice delayed is justice denied, too belated compliance is not to be countenanced, but has to be viewed as contempt of court itself committed in disguise or in indirect manner.”

> “It is necessary that at the hierarchies of government, a proper machinery is created to oversee implementation of the court’s orders” –HC bench

Wife’s suit for share in ex-husband’s property is maintainable

The High Court has ruled that a suit filed by a wife in a family court seeking a declaration of her share in her divorced husband’s property, as agreed upon in the terms of their divorce, is maintainable.

The ex-husband had filed an appeal challenging the jurisdiction of the family court to declare that his divorced wife was entitled to a 1/4th share in his house property through partition under Section 24 of the Code of Civil Procedure, and to restrain him from permanently alienating the property. However, a division bench of Justices Krishna S Dixit and Vijaykumar A Patil dismissed the appeal.

The court referred to Section 7 of the Family Court Act, stating, “By its terminology it vests a pervasive jurisdiction in the Family Courts in respect of matrimonial causes.” Section 7 (1) (c) of the Act allows for the filing of a suit or proceeding between the parties to a marriage with respect to the property of the parties or of either of them. The court concluded that the suit in question “perfectly fits into its wide phraseology.” The court also rejected the appellant’s contention the family court could not have passed the decree as the marriage was dissolved in terms of the Khulanama. The court explained the difference between khula and mubara’at in Islamic Law, noting the deed dated 6 April 2008 entered into between the parties was a mixed case of both.

The court held the parties had entered into a contract to end their marriage, and as part of the bargain, the appellant had agreed to give the share to the respondent. The court stated this does not run counter to Islamic Law that mandates that women should be treated with love and it aligns with the equality jurisprudence in the Constitution.

26K pleas for solar water pumps in 4 months

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Between April and July 2024, the Karnataka Renewable Energy Systems Manufacturers Association (KREDLE) received over 26,000 applications from across the state to install solar-powered water pumps.

This is after the Ministry of New and Renewable Energy (MNRE) has sanctioned 25,000 solar pumps for Karnataka in Phase 3.

“Within just four months, we have received an impressive 26,500 applications for the sanctioned quantity of 25,000 pumps from MNRE. This will help make Karnataka a farmer-friendly state. The state government has allocated a budget of 500 crores for FY 2024-25 to support this initiative,” said an official from KREDL.

Officials say this is due to the state subsidy share increase from 30% to 50% by the state government. As per data from the Ministry of New and Renewable Energy, the installation of solar water pumps in the state was low in phases 1 and 2. While 27,214 solar-powered water pumps were sanctioned in the first two phases, only 1,368 were installed. According to KREDL, the lower-than-expected installation rate was primarily due to a lack of response from farmers.

Earlier, the subsidy from the government was 50% and farmers had to pay 50% from their pockets, leading to low adaption. “The amount that farmers had to pay was high and thus the response and adaption of the KUSUM scheme was low. To encourage the adoption, the central government is offering a 50% subsidy, the state government is providing a 30% subsidy, and the remaining 20% cost is to be borne by the farmer. Due to the higher subsidy offering from the government, the response has picked up, and the registrations are increasing,” said KP Rudrappaiah, Managing director of KREDL.

IN BRIEF

7 locations for proposed 2nd airport

Seven locations have been identified for the proposed second airport in Bengaluru, said MB Patil, Minister for Infrastructure. He announced on Monday that a meeting will be held with Chief Minister Siddaramaiah to discuss submitting an application to the Airports Authority of India (AAI) on Tuesday.

Patil told the media that meetings were held with IDeCK [Infrastructure Development Corporation (Karnataka) Limited] and BCG on Monday. Initially, IDeCK had identified nine potential sites, but two were later removed from the list due to non-feasibility, the Minister explained. “We will submit the application to AAI, detailing all seven locations. AAI officials will then visit the sites to assess feasibility. The final decision will be based on factors such as passenger density, connectivity, industrial growth, cargo potential, and environmental considerations,” Patil noted. **BMB**

Thunderstorms brings city to standstill

Moderate to intense storms lashed parts of rural and urban Bengaluru as well as near Mysuru region on Monday evening, bringing the IT hub to a standstill due to widespread waterlogging resulting in traffic snarls, which prompted vexed commuters to vent on social media.

According to the India Meteorological Department (IMD) Bengaluru, apart from the IT hub, Chikkaballapura, Hassan, Kolar, Mandya and Ramanagara districts also experienced light thunderstorms with rain.

Bengalureans stuck in inordinate traffic jams remarked on various social media platforms about how just a couple of hours of thunderstorms had brought the city to a dead stop, and posted videos and updates from their regions on X. X users like @aatreyi_bose complained of waterlogging across the city of Bengaluru. Traffic police too used X to warn people of traffic snarls. **PTI**

Green plan in the red

CONTINUED FROM PAGE 1

saplings, but it is listed for 100. Another lake in the zone, Bhatarahalli, is slated to receive 500 saplings. However, the lake is not fenced properly, and the plantation will not be successful. The northeastern part of the lake is exposed to the adjacent village and thus gets raided by cattle from the settlement. Similarly, Chikkabasavanapura Lake has also been picked up for putting all saplings without due consideration," said Raghotham.

No transparency

Lake activists say there has always been a lack of transparency in lake management, and even the Kere Mitra initiative has not been able to bridge this gap. "The activity has been planned in the most non-inclusive manner. While BBMP came up with the Kere Mitra programme last year, there is still a long way to go. An initiative spanning across 40 lakes and 20,000 saplings should include consultation with locals and lake groups in the areas," said V Ramprasad, founder of Friends of Lakes.

While some chosen lakes are already occupied, there are some in need of immediate attention and green cover that are not picked. Lake groups from the Yelahanka zone highlight that while plantation is happening in already green Jakkur lake, impoverished water bodies such as Avalahalli and Krishnasagar have been overlooked.

"There are some lakes in the Yelahanka zone that need immediate attention, such as Avalahalli and Krishnasagar. These misses could have been avoided if BBMP would have consulted lake groups and locals," said V Selvarajan, founder of Green Circle, a citizens' association working towards the development of Avalahalli Lake.

Biodiversity lack

Experts also raise concerns about biodiversity richness. They opine that BBMP's plantation drives in the past have been unscientific, without considering existing biodiversity. Moreover, with summer getting longer and warmer in the city, BBMP's Forest Department should consider revising sapling maintenance guidelines for contractors so the majority of the young trees survive.

"Over half of the saplings planted at Dodakallasandra Lake in the past have dried up. The civic agency should take stock of existing biodiversity at the lakes and grow saplings in their nurseries based on need. Bengaluru's Biodiversity Management Committee (BMC) can be roped in to carry out a survey so the nurseries can be in sync with the outcome," said Raghavendra B Pachhapur of ActionAid Association.

Public consultation to ensue: BBMP

BLG Swamy, deputy conservator of Forest, BBMP, told BM that extensive public consultation sessions with locals and lake groups in respective areas will soon follow the inauguration event.

"The programme has been organised to improve local biodiversity. While we are calling it a plantation drive, to begin with, it will be symbolic. The Range Forest Officers will inaugurate the event by planting a couple of saplings. This will be followed by extensive public consultation sessions with locals and lake groups in the area. All feedback regarding issues such as damage to bunds, mono plantation, biodiversity, etc. will be taken into account. Moreover, we are not looking at plantations just inside the lake boundaries. The idea is to create a green belt of 500 metres around all the water bodies, which will include empty spaces and streets," said Swamy.

Not a walk in the park

CONTINUED FROM PAGE 1

compound wall has multiple breaches, allowing stray dogs and pigs easy access. Adding to these concerns, sewage from nearby apartments has been seeping into the park, creating a breeding ground for mosquitoes. Furthermore, an exposed electrical box poses a safety hazard to visitors. Despite numerous complaints to the BBMP, there has been no action taken.

AKKAMAHADEVI PARK

Given the ongoing pandemic backdrop, there are reservations about the feasibility of extending park hours safely. Specific parks like Akkamahadevi Park in Pattabhiramanagar, Royal County Park in Ward Nagar, Nataraj Park, and Dhanvanthri Park in RB Layout were identified as lacking essential amenities. Instances of drug-related issues and the presence of anti-social elements further underscore the urgency for improved lighting and security measures. Residents are apprehensive about visiting these parks, particularly in the evenings, due to insufficient lighting, security vulnerabilities.

SANJEEVANI PARK

In Jayanagar's vicinity, Sanjeevani Park, despite being close to hundreds of homes and a central library, operates limited hours from 5-10 am and 4-9 pm. The park management has stationed two security guards and installed CCTV cameras at eight locations to monitor suspicious activities. Nevertheless, the park frequently attracts students and alleged drug users, leading to confrontations with the park staff. Stringent security measures are implemented to tackle these persistent challenges.

NARASIMHACHAR PARK

The PU TI NA park in Jayanagar boasts of its small yet charming landscape. However, it has been without adequate lighting for several days now. There are no security personnel or CCTV cameras installed, leading to a rise in illegal activities under the cover of darkness. The absence of proper lighting is posing challenges for morning walkers who frequent the park as early as 5 am.

VIJINAPURA PARK

The Vijinapura Park, sprawling across 3 acres, is currently in a dismal state primarily due to neglect in maintenance and cleanliness. It lacks adequate lighting, with only one security guard stationed there. The park is marred by waste and debris, fostering a breeding ground for mosquitoes and heightening concerns about diseases. Adjacent private land spanning 20 acres is similarly neglected, exacerbating the mosquito problem and health risks for residents.

Local residents are adamant about addressing these issues by demanding comprehensive maintenance, improved lighting, and enhanced security measures. "Cleanliness must take precedence, and effective security measures are crucial for extending park hours. We urgently need better lighting and security systems," said resident Pradeep Gowda.

KRISHNA RAO PARK

The sprawling 24-acre Krishna Rao Park, known for its tranquil environment and four entrance gates, faces significant security challenges due to inadequate staffing. Currently, the park is monitored by only four security guards during the day and three at night, which is insufficient for its size and usage. Despite the installation of CCTV cameras at various points, they are not functioning properly; some have been damaged by fallen tree branches and remain unrepaired. This lapse in security has led to issues that have raised concerns among park visitors.

What people say

Residents have been increasingly vocal about the urgent need for better maintenance of the city's parks. "Many of us rely on these green spaces for relaxation and exercise, but rampant neglect has marred their appeal.

Overgrown grass, litter strewn across pathways, and broken benches are common sights that detract from the park's beauty and usability.

We urge authorities to prioritise regular cleaning schedules, ensuring that parks are free from debris and well-maintained landscaping. Moreover, proper upkeep of amenities such as lighting and seating is crucial to enhancing safety and comfort for all parkgoers," said Sunanda Krishnamurthy, a senior citizen

In addition to cleanliness, residents stress the importance of security measures in parks. "Adequate lighting, functioning CCTV cameras, and presence of trained security personnel are essential to deter illicit activities and ensure a peaceful environment for all," added Prakruthi Mahesh, a techie.

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personal

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I, Pushpa Jain w/o Bhawarlal Amarchand Jain R/o No 224/21 Megha Nivas 6th Main Road 4th Block Jayanagar B'luru-560011 have changed my name to Pushpa Bhawarlal Jain for all purposes.

I, J SHIVA SHANKAR, S/o Late. M Jaykumar @ M Jayakumar, R/at No.184, 8th Main, 1st Cross, Ganesha Block, Nandini Layout, Bangalore, Karnataka-560096. have changed my name to J S SHIVA SHANKKAR, vide affidavit dt: 05.08.2024 before notary Natesh D, Bangalore.

I, Ananta Ramu Kachanahalli Bylegowda S/o Byle Gowda R/o No-37 F,venkateshwara Nilaya,V V Pura, nelamangala, B'luru 562123 have changed my name to Anantha Ramu Kachanahalli Bylegowda for all purposes

I, Kamalesh K Jain R/o No.302, 2nd floor, 2nd C main, Koramangala, 8th Block, Bengaluru 560095 have changed my Minor son name from Kiansh K to Kiansh K Jain Affidavit Dt.09/05/2024 notary K V Mani, B'luru

I jahan dongri R/o # 1412. Ozone evergreens apts. Chandrapur off anikal road. Bangalore 560102 have changed my name to Rahul harijan

I, Abdul Nayeem R/o 2/66 ,1st Floor 4th Main Anugraha layout B'lore-560076 have changed my name to Abdul Nayeem R.

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HEALTH TIP: A lack of vitamin B, for example, is quite common, with about 1cr cases per annum in India alone

Engaging in self-care, through practices such as mindfulness or meditation, can aid new mothers with stress management

BangaloreMirror | 9
Tuesday, August 6, 2024
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All you need to know about...

Age and fertility

Impact Of Age On Male Fertility

There is no maximum age that prevents a man from being able to father a child. However, aging does have a significant impact on male sexual function, sperm parameters, and fertility. After the age of 50, the testicles tend to shrink due to reduced blood supply. This leads to a decrease in testosterone levels and can affect the motility and structure of sperm. Additionally, increasing oxidative stress associated with age is linked to a higher rate of DNA sperm fragmentation. Studies indicates that fertility declines as the fragmentation index increases. Similar to women's reproductive cells, sperm can also undergo mutations with advancing age, increasing the chances of genetic disorders in offspring.

Impact Of Age On Female Fertility

Healthy women trying to conceive in their 20s and early 30s have a 25% chance of natural conception in a single menstrual cycle. However, after the age of 40, the chance of natural conception reduces to 10% per menstrual cycle. Women are born with approximately 1-2 million eggs in their ovaries, but this number decreases over time. By puberty, only about 300,000 eggs remain. Each menstrual cycle, a certain number of immature eggs die, further reducing the egg count. Around the age of 37, this number drops to around 25,000, making it preferable to try to conceive by this time.

As women age, the quantity and quality of eggs decrease, leading to a lower chance of spontaneous conception. The remaining eggs in older women are more likely to be less healthy, resulting in a higher risk of complications for both the mother and the baby. This risk increases further in overweight women compared to normal-weight women of the same age.

—Femina

Between saving your skin and the deep sea

Sunscreens can hurt marine environment – here's how to choose one that's healthy for you and the sea

Choosing which sunscreen to use can be mind-boggling. Should you choose one with the highest sun protection factor (SPF) or another with "reef-safe" or "coral-friendly" credentials? Is it best to opt for a spray or a lotion? What's the difference between a mineral or chemical-based formula?

On my ventures to the beach to snorkel and surf, I am forever seeing a greasy slick on the surface of the water, especially on busy summer days. This led me to question, does the sunscreen I wear wash off of me into the sea and cause harm to the marine environment? After three years of research, my answer is yes, sunscreens certainly have the potential to harm the marine environment. Studies show that sunscreens can induce coral bleaching, damage marine life and influence water quality even at environmentally relevant concentrations.

I used to feel extremely overwhelmed when deciding which sunscreen to purchase to protect me from the sun's ultraviolet (UV) rays. I was trying to juggle getting sufficient sun protection while ensuring the sunscreen I was wearing wasn't harming the ocean.

Sunscreens are composed of an array of complex ingredients, including UV filters, which are added to either block or absorb UV rays, as well as fragrances, stabilisers, parabens (a family of preservatives such as methylparaben or E128) and often per-and polyfluoroalkyl substances (PFAS) or forever chemicals used for waterproofing.

UV filters can be chemical or mineral-based. Chemical UV filters include synthetic compounds such as oxybenzone and octocrylene that absorb UV rays – most mainstream sunscreens use these. Mineral UV filters include zinc oxide or titanium dioxide which reflect and scatter UV rays. The latter are now more commonly added as nanoparticles – these extremely small mineral particles provide a thinner layer on the skin, unlike their bulky counterparts which can appear thick and pasty. Both mineral and chemical-based sunscreens can harm the marine environment. Mineral-based studies have largely compared the effects of nano and non-nano particles, while chemical-based studies have typically focused on oxybenzone.

Approximately 10 million tonnes of UV filters are produced annually for the global market, of which, 6,000-14,000 tonnes of sunscreen is estimated to be released into coral reef zones annually from inadvertently being washed off swimmers. Approximately 25% of the sunscreen we apply to our skin washes off within 20 minutes of submersion. Unsurprisingly, direct release from our skin into the sea is not the only pathway, other pathways are largely linked to the insufficient wastewater treatment system.

Traditional waste water treatment processes cannot remove most chemical-based UV filters from effluent, so these compounds can get released into rivers or the sea along with treated effluent. So even when you're not spending time at the beach, some of the ingredients in your sunscreen that you might wear in the garden, for example, can reach the marine environment after your shower.

So far, most research investigating potential effects of sunscreens on the marine environment has focused on tropical climates. Chemical UV filters, such as oxybenzone, have been observed to cause complete and rapid coral bleaching both under laboratory conditions at environmental concentrations and in the Atlantic Ocean, Indian Ocean, Pacific Ocean and the Red Sea.

There is proof that chemical UV filters can be passed from mother to baby in dolphins, can cause oxidative stress (the production of highly reactive chemicals that can turn on and off biological processes) in sea turtles, and accumulate in marine mammals and fish. They cause mortality, DNA damage and reduced cellular viability in mussels, clams, algae and sea urchins. Inorganic UV filters have also been associated with marine toxicity.

In Hawaii and Palau, some chemical UV filters including oxybenzone and octinoxate have been banned by governments due to their association with coral bleaching. However, these compounds and many others are still widely used globally.

Many competitive brands are starting to produce sunscreens with labels that state they are "reef-safe" or "coral-friendly". These terms allude to a formulation that is environmentally friendly and one that the consumer may feel morally obliged to purchase if eco-credentials are on their purchasing agenda. However, the use of these terms is not regulated.

While some of these products may not contain oxybenzone or octinoxate, they are instead likely to contain other chemical UV filters that too are not scientifically proved to be reef-safe, such as octocrylene – which degrades into oxybenzone anyway.

Which sunscreen is best?

Take a close look at the ingredients. Does the product contain chemical or mineral UV filters? Sometimes, brands won't use common ingredient names and will instead use chemical names, for example, avobenzone is also known as butyl methoxydibenzoylmethane. Research is rapidly increasing in this area to better understand the environmental consequences of sunscreen ingredients, but current research largely suggests that mineral UV filters have less adverse effects on the marine environment than chemical UV filters, with titanium dioxide generally thought to be less toxic than zinc oxide.

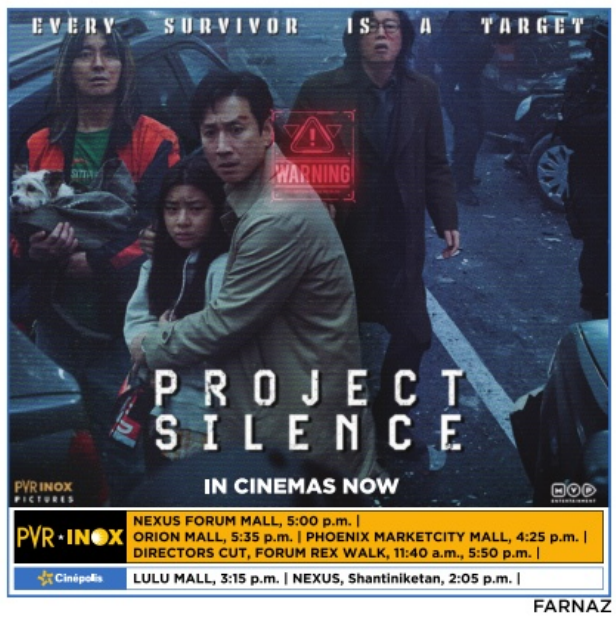
Avoid greenwashing. If the product claims to be reef-safe, do the ingredients corroborate these claims? This phrase is largely a marketing gimmick with no robust scientific evidence to prove that its ingredients are truly reef safe.

Watch out for potential PFAS ingredients in water-resistant products like polyfluoroalkyl-phosphate-esters or PAP and polytetrafluoroethylene or PETE.

When choosing between a spray or a lotion, bear in mind that the particles in spray applications do not all land on your skin, many land on the sand or water and that's another route into the marine environment.

As awareness of sunscreens as marine pollutants grows, brands need to be transparent when making eco-friendly claims and invest more in developing greener alternatives. Stronger policies could ensure that sunscreens are being manufactured with compounds that are not only effective at providing sun protection, but are also safe for the environment.

(By Anneliese Hodge, Plymouth Marine Laboratory, The Conversation)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NEXUS FORUM MALL, 5:00 p.m. |
ORION MALL, 5:35 p.m. | PHOENIX MARKETCITY MALL, 4:25 p.m. |
DIRECTORS CUT, FORUM REX WALK, 11:40 a.m., 5:50 p.m. |
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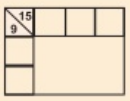
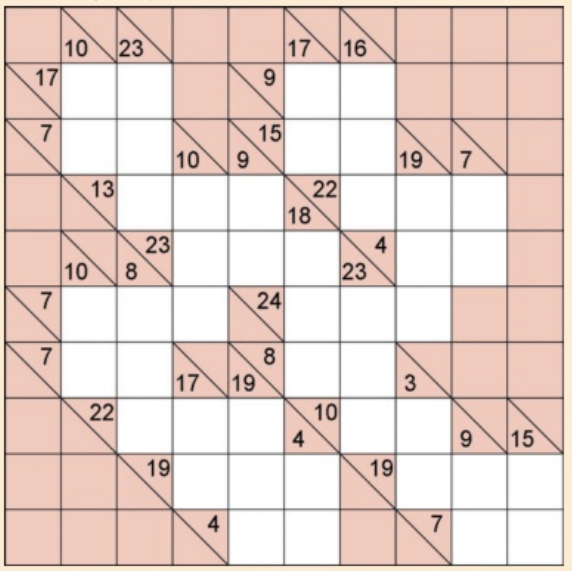
Kakuro

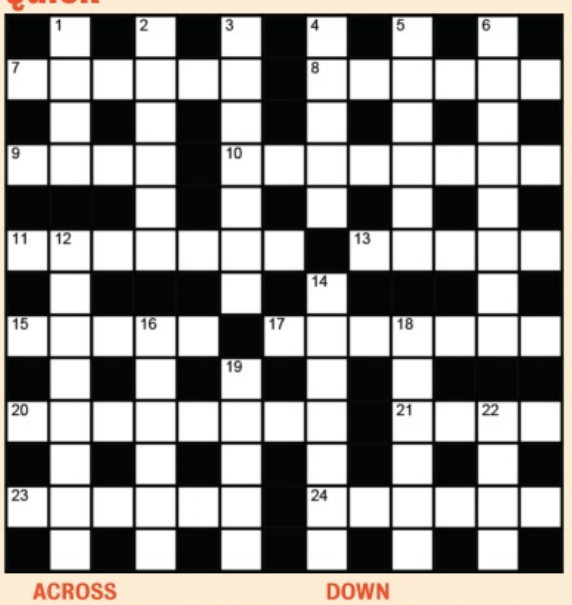
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 South American country (6)
8 Ways, courses, journeys (6)
9 Lamy anagram for an organic reactive group? (4)
10 Tornados or typhoons (8)
11 Keeps waiting (7)
13 Protect (5)
15 Yashmaks (5)
17 Complete array (7)
20 Fattest, most robust (8)
21 Arrived–did not go? (4)
23 Senior members of professions (6)
24 If not, except (6)

DOWN

1 Stern; unrelenting (4)
2 A type of flowering shrub (6)
3 Categorising, classifying or assorting (7)
4 A rough path (5)
5 Japanese number puzzle (6)
6 Recommendation for a job, maybe? (8)
12 Attempt or endeavour (8)
14 Bangalore's second largest lake (7)
16 Praised (6)
18 Mystical (6)
19 Thick (5)
22 Bulk, majority (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: I EQUALS U

STV SA RMSPME SEK UWI YTBB HMA MSNAR ARNWYE TE.
STV SA MSNAR SEK UWI HMA EMTARMN.

Linemaro

Want to see a pretty woman? Just stand in front of a mirror

Mindchow

The things you take for granted, someone else is praying for

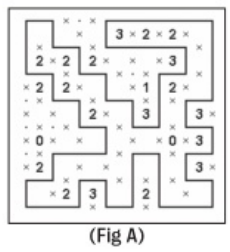
Joke of the day

People who say they don't care what people think are usually desperate to have people think they don't care what people think

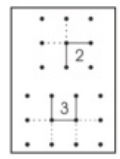
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

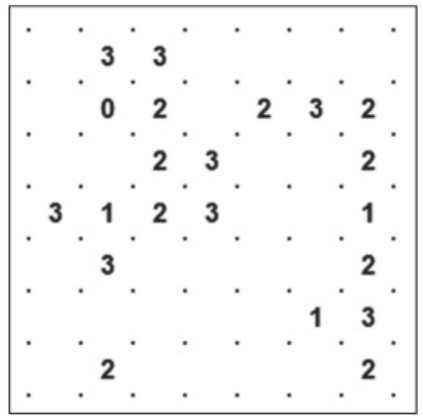


(Fig B) Not Allowed

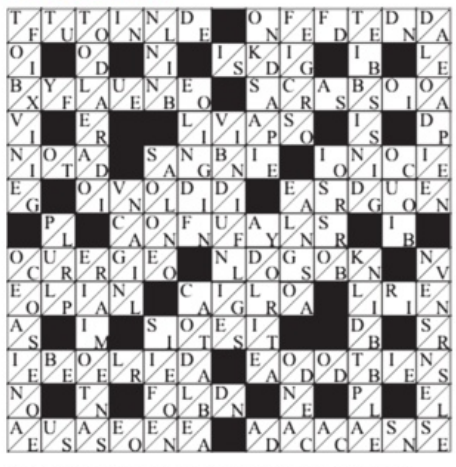
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



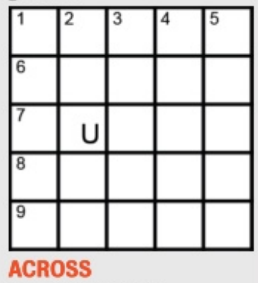
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Halls; 6 Y cove;
7 Is run; 8 Saree;
9 Widen

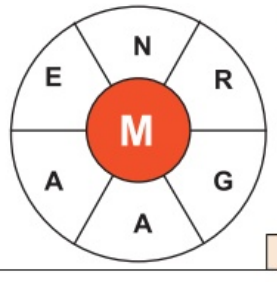
DOWN

1 Crews; 2 I hour;
3 A vain; 4 Nee SL;
5 Sly Ed

Mensapuzzle

Solve this dingbat:

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; **12** Good; **14** Outstanding

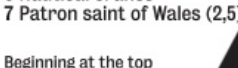
SudokuChallenge

	9	8				2	5	
		7	6	2	9	8		
9			3		1			8
1			9	8	6			4
5			2		4			9
		6	5	4	8	3		
	2	9				4	1	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 13
6 8 8 9

Medium = 12
2 2 6 6

Hard = 10
1 3 5 3

Hocusfocus

Find at least six differences in details between panels.

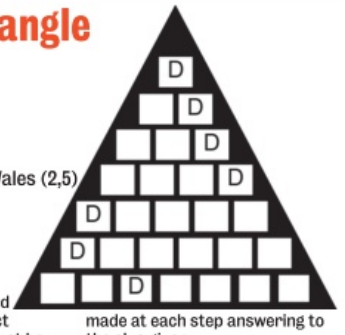
Differences: 1. Stamp is missing on envelope. 2. Tree is moved. 3. Leg is shorter. 4. Nose is smaller. 5. House is wider. 6. Finger is moved.

Riddler

111, 222, 333, 444, 555, 666, 777, 888, 999 Besides being formed by the same three digits what else do these numbers have in common?

Alpha triangle

1 Vitamin type
2 Identity, abbr.
3 Abet's partner
4 Eager
5 Opera stars
6 Nautical cranes
7 Patron saint of Wales (2,5)

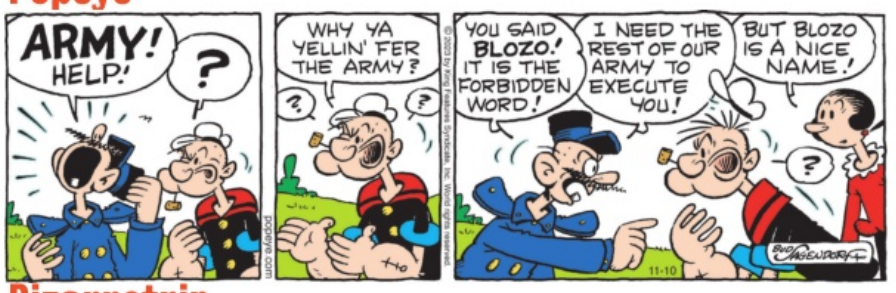


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


ARMY! HELP!
?
WHY YA YELLIN' FER THE ARMY?
YOU SAID BLOZO! IT IS THE FORBIDDEN WORD!
I NEED THE REST OF OUR ARMY TO EXECUTE YOU!
BUT BLOZO IS A NICE NAME!
11-10

Bizarrotrip

Okay, but this time go straight back & forth, and cut ALL of it.
Wayno & Piraro
Dist. by King Features
BIZARRO.COM
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5-2-24

Diamond Lil

Hart of the city

SHARI, YOU WERE OUT THERE FILLING THOSE POTHOLES, WEREN'T YOU?!
BEFORE YOU GET TOO MAD, I JUST WANT YOU TO KNOW THAT THIS WAS ALL MY FAULT. LEAVE KAT OUT OF THIS!
KAT WAS INVOLVED TOO?!
...
N-NO. KAT WAS ASLEEP THE WHOLE TIME!!
SIGH
HEART OF THE CITY © 2024 ANDREWS MCMEEL
@COMICS.COM/HEARTOFTHECITY

Crankshaft

WHAT'S THIS BOOK ABOUT?
BASICALLY, IT'S A BAND BOOK!
YOU MEAN LIKE 'MAUS' OR 'TO KILL A MOCKINGBIRD'?
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BATIUK & DAVIS tombatiuk.com/books
5-2

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today blessing from elders may bring confidence. You can follow your intuition before taking any initiatives which may help you at work, which may help you gain more in terms of finance. You may likely visit some religious places with your family members. You must control your arrogance to enjoy your domestic life. Students may expect good results with the help of destiny.

Taurus Apr 21 – May 20
Today you may expect some instant gains in your business, which may boost your confidence level as well as bank balance. It is advised to avoid stress in domestic life. There would be some momentum at business and work. Your prestige may increase. You may also plan for an overseas trip.

Gemini May 21 – Jun 21
Today things would not be favourable. You may feel dull and unhappy. Some mysterious fear may make you upset. You may likely be attracted by occult. You may feel a lack of confidence, which may affect your work. It is advisable to avoid rash driving and risky adventure tours.

Cancer Jun 22 – July 23
Today you are blessed by the moon. Love would be in the air in terms of personal life. Singles may find a suitable match. You may do better in terms of your professional life. Your friends and subordinate staff may likely support you.

Leo Jul 24 – Aug 23
Today you may be able to balance between your earnings and expenses, which may boost your bank savings. You may likely perform better in your job. Your boss can give you new responsibilities in terms of promotions. You may get back your money which was stuck. You may be able to control your opponents and hidden enemies.

Virgo Aug 24 – Sep 23
Today you may feel dull due to sleeplessness, and you may be scattered toward your goals, which may affect your efficiency. You may plan to visit some religious places. But in the late evening, you may be blessed by your elders. You may find out your mistakes and may make a good plan for the coming day. You are advised to take care of your parent's health.

Libra Sep 24 – Oct 22
Today you may be in a hurry. You are advised to drive safely. But with the blessing of the elders, you may come out of the messy situation. You are likely to be more romantic in your love life, harmony in domestic life may come. You may expect some positive results in new partnerships. Love birds may enjoy their happy moments. Students may hear good news in terms of academics.

Scorpio Oct 23 – Nov 22
Today your subordinate staff may be cooperative with you, and it may help you complete postponed projects. You are likely to join some social event, which may boost your network. It may help you in your work or social life. You may plan to go on an outing with friends. Some disputes with friends may get resolved. Students are advised to avoid carelessness.

Sagittarius Nov 23 – Dec 22
Today your communication skills may help you in the professional front. You may likely be more polite with everyone around you, which may help you speed up your projects. Love birds may likely exchange their views with each other, which may build some foundation for their relationship.

Capricorn Dec 23 – Jan 20
Today you are blessed by the moon. New partnerships may give you benefits. Your energy levels may likely be high. Your hard work and enthusiasm may pay you off in terms of financial gains. Self-respect may protect you from negative people around you.

Aquarius Jan 21 – Feb 19
Today you may feel dullness and unhappiness. You are advised to avoid harsh conversation with friends and family members. You may also not be able to get proper reciprocation for your hard work. You need to follow your intuition. It is advised to keep patience while taking some important decisions.

Pisces Feb 20 – Mar 20
Today new sources of income may likely be opened. Your past investments may give you a good profit, which will boost your bank balance. You may likely connect with a social organisation, which will increase your network. Singles may find their soul mates in terms of marriage.

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Medhansh VS, 10 years, Jain Heritage School

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SOLUTIONS

SOLVE IN 1M
-7+49-(-49)-(7×5×3×1)
= -7+49+49-105
= -112+98
= -14

RIDDLER
They are all divisible by 3, 37, and 111.

FAST FIVE

S	H	A	L	L
C	O	V	E	Y
R	U	I	N	S
E	R	A	S	E
W	I	N	E	D

QUOTE UNCODE
Aim at heaven and you will get earth thrown in. Aim at earth and you get neither.

STRIKE OUT

F	U	T	I	L	E	O	F	E	N	D
X	Y	L	E	N	E	A	R	A	B	I
I	E	L	I	P	S	I	S	B	E	D
N	O	D	A	G	N	I	O	N	C	E
I	B	E	R	I	A	A	D	O	B	E
S	M	S	T	E	T	B	R	A	I	R
O	P	A	L	A	G	R	A	I	R	E
C	U	R	I	E	L	O	G	O	N	V
V	E	I	L	S	P	A	N	O	P	L
S	T	O	U	T	E	S	T	C	A	M
R	A	D	R	C	A					
D	E	T	A	I	N	S	G	U	A	R
A	M	Y	L	C	Y	C	L	O	N	E
B	R	A	Z	I	L	R	O	U	T	E
G	A	P	T	S	R					

QUICK

N		D		E		R		T		S
D	O	Y	E	N	S		U	N	L	E
				D		H				A
S	T	O	U	T	E	S	T	C	A	M
		R		A		D		R		C
V	E	I	L	S		P	A	N	O	P
		X				G		V		A
D	E	T	A	I	N	S		G	U	A
A	M	W	L		C	Y	C	L	O	N
		I		A		A		D		F
B	R	A	Z	I	L		R	O	U	T
		K		K		R				

BULL'S EYE
amen, game, germ, grain, magna, mane, manage, manger, mare, mean, name, ream

MENSA PUZZLE
underground-rail-road

SUDOKU

2	4	1	8	3	5	9	7	6
6	9	8	4	1	7	2	5	3
3	5	7	6	2	9	8	4	1
9	6	4	3	5	1	7	2	8
1	7	2	9	8	6	5	3	4
5	8	3	2	7	4	1	6	9
7	1	6	5	4	8	3	9	2
8	2	9	7	6	3	4	1	5
4	3	5	9	2	6	8	7	

ALPHA TRIANGLE
D, Id, Ald, Avid, Divas, Davits, St David.

GO FIGURE
Easy
6 + 8 + 8 - 9 = 13
Medium
6 - 2 / 2 x 6 = 12
Hard
3 + 3 + 5 - 1 = 10

LOOP

KAKURO

7	9	8			9	8	1	
17	16			9	7	3		
10	23		9	5	8	9	4	19
7	1	6		22	1	9	7	8
13	8	9	7	24	2	1	6	
10	9	5	8	6	9	8	23	4
7	4	2	1	3	8	9	3	1
		9	8	7	2	6	19	7
	7	1	6	9	1	9	2	8
17	9	8		4	3	1		6

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GOOD JOB

Impressed, says Kajol about working with Pritviraj, IAK

On August 5, Kajol celebrates her birthday. She is known for her versatility and is busy with new film projects. In a recent interview with Variety, she shared information about her upcoming work, including 'Sarzameen', where she will act with Ibrahim Ali Khan and Prithviraj Sukumaran.

The actress has mentioned the project for the first time in an interview. 'Sarzameen', directed by Kayoze Irani (son of Boman Irani), will be her first film with Prithviraj Sukumaran. It has been revealed that details about the movie are still scarce, but the film is described as a mystery thriller exploring different facets of love and relationships. Karan Johar is supporting the project.

Kajol found working with Prithviraj Sukumaran for the first time to be a wonderful experience and was equally impressed by Ibrahim Ali Khan. While she kept details about her character under wraps, she mentioned looking forward to seeing both actors together on screen.

Kajol has a variety of films lined up, covering genres like horror, action, drama, and mystery. Notably, she will delve into the horror genre for the first time with the movie 'Maa'. In the same interview, Kajol described the film as more than just a horror movie; it's a psychological drama with thriller and suspense elements. She noted that the film aims to be unsettling and defies classification into a single genre.

Kajol will be featured in Charan Tej Uppalapati's action-packed film 'Maharagni – Queen of Queens', which reunites her with Prabhu Deva after 27 years since their last project, Rajiv Menon's 'Minsaara Kanavu'. She described Maharagni as a commercial film with strong characters in conflict. Kajol will also appear in Netflix's 'Do Patti', where she will take on the role of a police officer."

—ETimes

Boss lady has landed

Bollywood star Madhuri Dixit Nene on Monday marked a stylish appearance at the Mumbai airport.

Before entering the airport, she was clicked by the paps. Donning a black blazer with black pants, Madhuri looked gorgeous as she elevated her airport look with glasses. She was accompanied by her husband, Shriram Nene. He was also dressed up in black.

Madhuri will be touring the USA from August 8 to August 11, 2024, in a special four-city tour aptly titled 'The Forever Queen of Bollywood - Madhuri Dixit.' She will visit New York, Dallas, New Jersey, and Atlanta, providing fans with an opportunity to celebrate this momentous occasion with her.

Expressing her excitement about the tour, Madhuri in a press release by VMPL said, "I have always loved meeting my fans because the feedback I get from them is amazing. Sometimes they come up to me and tell me how the various roles I have played in films have impacted their own lives or what kind of roles they would like to see me in..." —ANI

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Scottish holiday

Actress Mrunal Thakur, who is known for her roles in 'Love Sonia', 'Super 30', 'Sita Ramam', and 'Hi Nanna', is soaking in the vibrant colours of her European holiday.

On Monday, the actress took to Instagram and shared several pictures of her strolling happily through the streets of Edinburgh, Scotland.

Wearing a beige short dress, Mrunal looked radiant as she enjoyed the local cafes and scenic streets.

Celebrating her 32nd birthday on August 1, Mrunal seems to be extending the celebrations with this much-deserved holiday.

The actress captioned the post: "Today's good mood is sponsored by coffee."

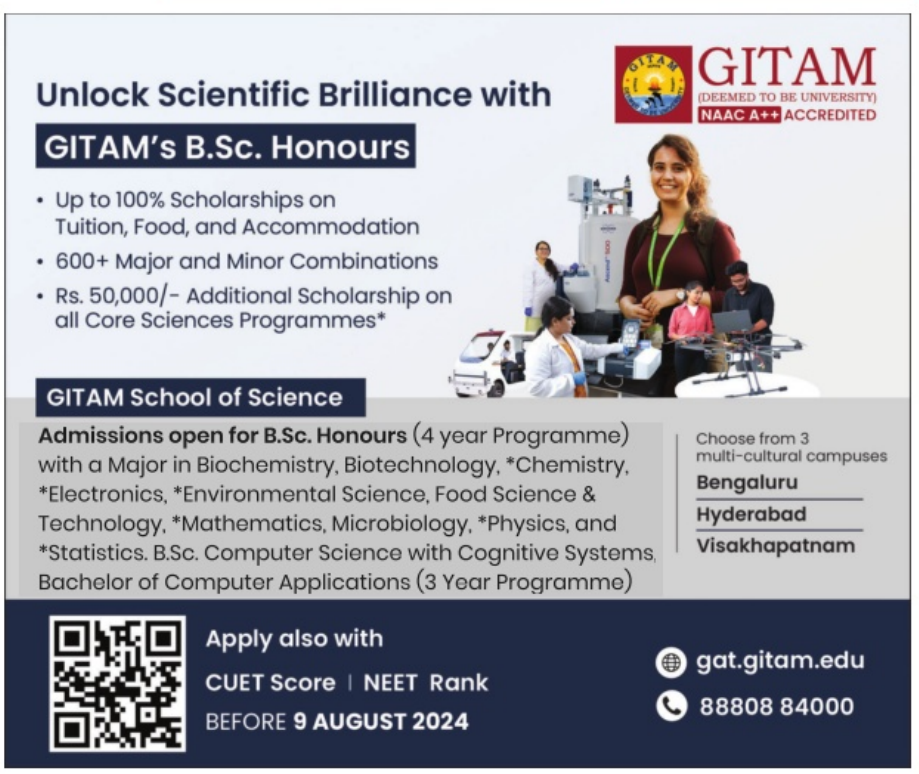
Actress Mouni Roy commented on the post, calling her a pretty girl. Many fans too commented, complimenting the actress on her wardrobe choice and love for caffeine.

Mrunal is among the few actors who have successfully transitioned from television to the big screen, following in the footsteps of Sushant Singh Rajput, Ronit Roy, and Shah Rukh Khan.

On the work front, Mrunal was recently seen in a guest appearance in Nag Ashwin's 'Kalki 2898 AD', alongside Kamal Haasan, Amitabh Bachchan, Prabhas, and Deepika Padukone.

The film grossed Rs 760 crore at the domestic box office. The actress will next be seen in 'Pooja Meri Jaan', 'Hai Jawani Toh Ishq Hona Hai', and 'Son of Sardar 2'.

—IANS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